

# La nuova Joint Action «Healthier Together» EU NCD Initiative: Mental Health Together (MENTOR)



# Principi guida

Programmi di prevenzione efficaci

Accesso alle cure di qualità

Recupero e Inclusione sociale



**A NEW EU APPROACH TO MENTAL HEALTH**  
JUNE 2023

*The European Union has been confronted with **unprecedented crises**, which have significantly affected people's ability to cope with growing challenges in fast-changing contexts. With €1.23 billion in EU funding from different financial instruments and 20 flagship initiatives, the new comprehensive approach to mental health puts mental health on par with physical health, as part of a strong European Health Union.*

**3 GUIDING PRINCIPLES**

-  **ACCESS TO ADEQUATE AND EFFECTIVE PREVENTION**
-  **HIGH QUALITY AND AFFORDABLE TREATMENT AND CARE**
-  **REINTEGRATION INTO SOCIETY AFTER RECOVERY**

## SUPPORTING THE MOST VULNERABLE, INCLUDING CHILDREN AND YOUNG PEOPLE

The mental health of our younger generations is getting worse. This can significantly affect our society's mental health in the long-term.



CHILD AND YOUTH  
MENTAL HEALTH  
NETWORK



TOOLKIT FOR ADDRESSING  
THE KEY HEALTH DETERMINANTS OF  
MENTAL AND PHYSICAL HEALTH



"HEALTHY SCREENS,  
HEALTHY YOUTH"  
INITIATIVE



PROTECTING VICTIMS  
OF CRIME



PLATFORM FOR YOUNG  
CANCER SURVIVORS



SUPPORT FOR UKRAINIAN  
CHILDREN: E-LEARNING  
PROGRAMMES FOR HEALTHCARE  
PROFESSIONALS



MENTAL HEALTH  
SUPPORT FOR UKRAINE'S  
DISPLACED AND AFFECTED  
PEOPLE

Responding to the recommendations of the Conference on the Future of Europe, the new approach is integrating mental health across all policies.



#HealthUnion

Joint Action DP-g-23-32-01 – mental health

## **Commission Communication on a comprehensive approach to mental health** *(expected adoption 7 June 2023)*

### Mental health across policies approach

- Promotion of good mental health and prevention of mental health problems
- Early detection and screening of mental health problems
- Actions to further tackle psychosocial risks at work
- Support and improving access to treatment and care of mental health problems
- Improved quality of life for patients, their families and carers
- Cross-cutting issues: research, role of digital tools, training and support, exchange and networking, focusing on needs of vulnerable groups (e.g. children and young people) and socio-economically disadvantaged groups (not in education,

**Promozione e prevenzione**

**Diagnosi precoce**

**Stress correlato al lavoro**

**Accesso alla cura**

**Attenzione alla qualità della vita dei pazienti e dei caregiver**

**Tematiche trasversali:**

**Ricerca,**

**Digitalizzazione**

**Training**

**Vulnerabilità per età e variabili socioeconomiche**





## The EU 'Healthier Together' Non-Communicable Diseases Initiative

Reducing the burden of non-communicable diseases

Non-communicable diseases account for **80% of the disease burden** in the EU and the **majority of premature deaths** in the EU. Not only do they diminish people's quality of life, affect life expectancy and create numerous challenges – both for those affected, as well as their families – they also account for a significant amount of spending in national health budgets. The **Healthier together – EU Non-Communicable Diseases Initiative** therefore aims to **support EU countries reduce the burden of NCDs** whilst **improving citizens' health and well-being**, as part of a strong Health Union.

The Healthier Together Initiative has five strands:



Health determinants  
for health promotion  
and disease  
prevention



Diabetes



Cardiovascular  
diseases



Chronic respiratory  
diseases



Mental health and  
neurological  
disorders

Improved health promotion and disease prevention can **reduce the prevalence of NCDs by as much as 70%**. Yet, only around 3% of total health spending in the EU is targeted towards health promotion and disease prevention.

Joint Action: 'Healthier Together'  
EU NCD Initiative –  
Mental Health

Yvette Azzopardi, Policy Officer, SANTE, B4

EU4Health 2023 work  
DP

## Joint Action DP-g-23-32-01 – mental health

### Objectives and scope

- **Mental health in all policies (coordinated approach)**
- **Promotion of good mental health and prevention of mental health problems**
- **Early detection and screening**
- **Management of mental health problems**
- **Quality of life, stigma, discrimination**



**National policy frameworks** for mental health promotion and services, including monitoring and evaluation of the implementation of existing policies

A **coordinated approach** between public authorities in multiple ministries and other relevant stakeholders

**Prevention activities** outside the health sector e.g. education, employment.

Monitor impact of **health determinants** on mental health (physical inactivity, drugs, alcohol), also commercial and social determinants, and digital transformation on mental health of children and young people.

Improve **availability** of mental health services

Focus on **vulnerable groups and marginalised populations** (migrants, refugees, Roma, displaced people from Ukraine)

Create **favourable conditions** for patients, their families and (in)formal carers

Support Member States in implementing Commission Communication on a comprehensive approach to Mental Health

## Expected impact of the Joint Action

This joint action will support the efforts of the Member States to reduce the burden of NCDs (approximately 80% of the disease burden in Europe), in particular that related to mental health problems.

The short-term impact would be an **increased number of public health interventions being scaled up in all Member States** and improvements in health promotion and disease prevention, and management policies related to mental health.

# MENTOR

## Mental Health Together

**Call reference:** EU4H-2023-JA-IBA-04 - (DP-g-23-32-01) Direct grants to Member States' authorities

**Title:** 'Healthier Together' EU NCD initiative – Mental health"

**Coordinator:** State Ltd "Riga's Psychiatry and Narcology Centre" (Latvia)

**Co-Coordinator:** ISS - Istituto Superiore di Sanità (Italy)

**ProMIS** involved as AE of ISS

**Available budget:** EUR 6.000.000

**Call deadline:** 31st October 2023

**Project duration:** 36 months

The MENTOR consortium is large and has extensive geographical coverage across Europe: 45 institutions across 21 countries



Joint Action DP-g-23-32-01 – mental health

## Expected results

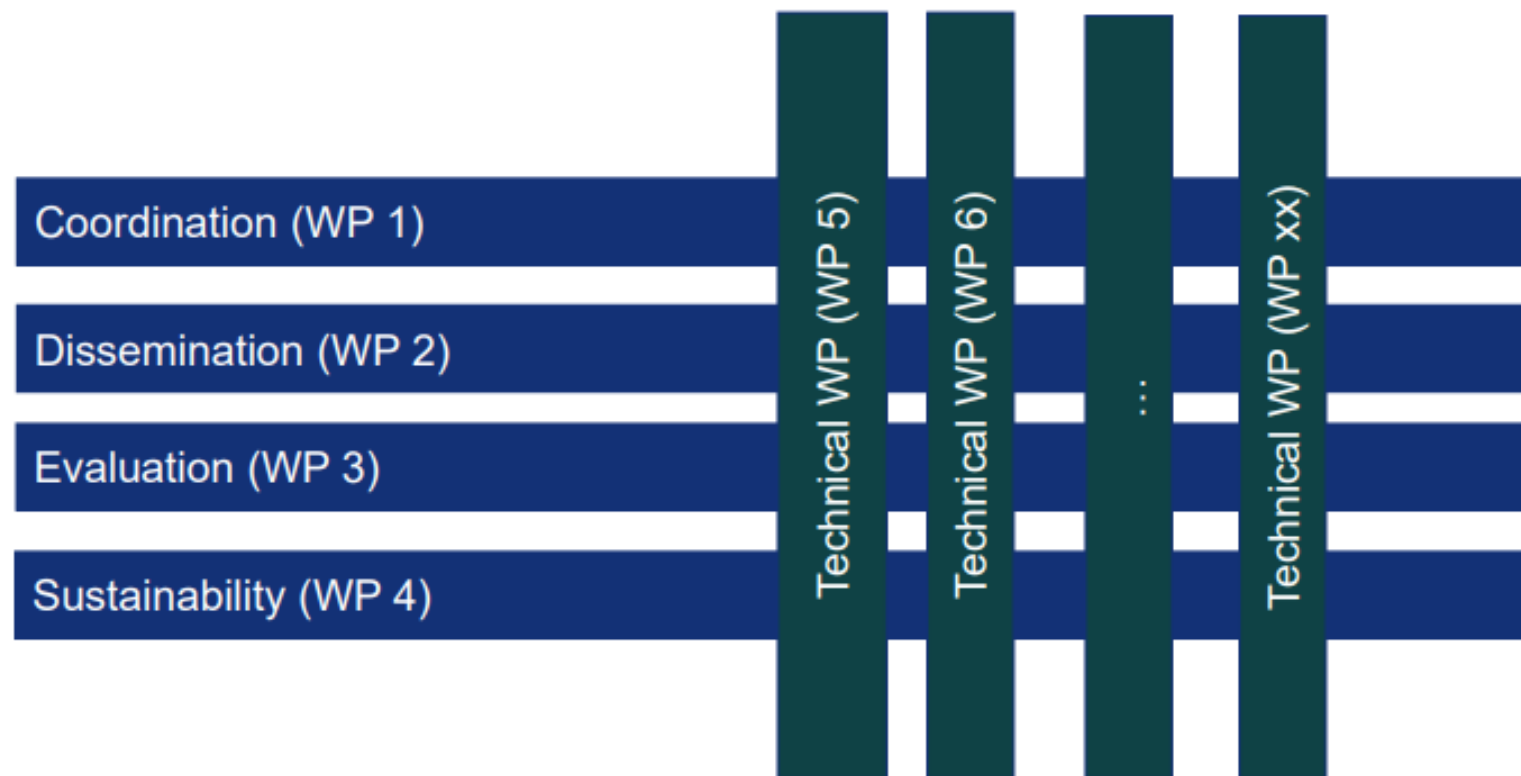
- improved mental health promotion and prevention
- better and earlier detection of individuals at risk of developing mental health problems
- improved access to evidence based and innovative approaches to managing mental health conditions in communities
- improved quality of life of patients and their families/(in)formal carers in the Member States.

# *The Italian national team*

- **ISS - Istituto Superiore di Sanità (Coordinating Authority)**
  - Ministero della Salute
  - AEs: ProMIS, ASL Torino1, Regione Lombardia
  - Collaboration with several Regions and Local Health Services
- Francesca Cirulli, Angelo Picardi e Maria Luisa Scattoni (ISS)
  - Maria Assunta Giannini e Giuseppe Salamina (Ufficio 6 Min Sal)
  - Lisa Leonardini, Fabio Abbrescia, Giovanni Viganò, Paola Semisa e tutto il team ProMIS

Joint Action DP-g-23-32-01 – mental health

## Standard Structure of Joint Action



## Struttura della Joint Action MENTOR

- Coordinatore Lettonia, co-coordinatore Italia (ISS + ProMIS e Ministero della Salute)
- Quattro WP generali (coordinamento, valutazione, disseminazione e sostenibilità)
- Due WP tecnico-scientifici:
  - *Digital mental health* (Norvegia + Islanda)
  - *Building bricks for Integrated Policies in mental health* (Italia)



## *WP 5 «Building bricks for integrated policies in mental health»*

- ❑ **Task 5.1 Salute mentale in tutte le politiche:** produzione di linee guida da condividere tra i Paesi partecipanti per l'inclusione di misure per la salute mentale in tutte le politiche di welfare
- ❑ **Task 5.2 Promozione e prevenzione:** Identificazione e condivisione di programmi/azioni efficaci a livello di comunità nel promuovere la salute mentale e prevenire il disagio tra i giovani (incluso attività fisica e social prescribing). Formazione degli operatori per i diversi target e metodologie
- ❑ **Task 5.3 Coinvolgimento delle Persone con Esperienza** nei percorsi di cura, recovery e inclusione attraverso condivisione tra paesi e studio pilota
- ❑ **Task 5.4 Budget di salute:** condividere l'esperienza italiana come modello esportabile di cura personalizzata e integrata

## **Task 5.1**

### ***Advancing mental health in all policies: methods to evaluate and deliver at national and regional levels***

- ❑ Development, piloting and possible implementation of a methodology to ensure that mental health is integrated in relevant policies
- ❑ Pilot methodology for target groups and community settings  
Development of a code of good practice on how the people with ‘lived experience’ can be integrated in the development of mental health policies and programmes;
- ❑ Questions that will be addressed include ‘how does integrated policy making actually work’, ‘how can it be organized’, ‘how can it be sustained and developed further’?

## Task 5.2

### *Supporting prevention / promotion actions targeted to young people in community setting*

- ❑ This will focus specifically on interventions aimed at fostering prevention, reducing stigma and promoting social inclusion, especially among young people and vulnerable groups.
- ❑ Mapping existing good practices of prevention and promotion interventions targeted to young people and, consequently, develop selective community programs for mental health promotion and prevention in different settings (municipality, schools, kindergarten, but also workplaces, sports, etc.) adjusted (designed) for different target groups (teachers, social worker).
- ❑ Report on effective programs and development of guidelines for training programmes tailored for specific targets. Synergies with other EU projects (e.g. TSI Youth).

## Task 5.3

### *Involvement and joint ownership by people with lived experience (PLE) in the mental health policies*

- ❑ Each country will start from a different point. Some countries may have already a culture of involvement, participation or co-production, other countries may not even have a self-help movement. That means the first step in the project will be to describe different fields and spheres where involvement, participation or co-production take place.
- ❑ Partners will work on the collaboration among PLE, professionals and other actors of multidisciplinary teams. To do this, Partners will define processes, procedures and protocols for efficient co-working.
- ❑ Final goal: PLE will be involved in decision-making processes regarding mental health care, treatment, services, utilization and access.



Una guida della  
WHO a  
supporto dello  
sviluppo di  
servizi di peer  
support

Nel 2017 la WHO pubblica uno dei Guidance tools del progetto QualityRights dedicato al supporto tra pari: «Providing individualized peer support in mental health and related areas. WHO QualityRights training to act, unite and empower for mental health», versione pilota di: «One-to-one peer support by and for people with lived experience. WHO QualityRights guidance module”  
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**Obiettivo: supportare i diversi paesi nello sviluppo e nel rafforzamento di servizi di supporto fra pari nella salute mentale e nelle aree correlate, nel contesto dei servizi sanitari e della comunità.**





## indagine sulla realtà contrattuale degli ESP in Italia - 2023



## RISULTATI

REGIONE	CITTA'	N
BOLZANO	BOLZANO	8
EMILI ROMAGNA	BOLOGNA	9
EMILI ROMAGNA	FERRARA	10
EMILI ROMAGNA	IMOLA	25
EMILI ROMAGNA	MODENA	5
EMILI ROMAGNA	REGGIO EMILIA	63
FRIULI VENEZIA GIULIA	GORIZIA	1
FRIULI VENEZIA GIULIA	TRIESTE	5
LAZIO	ROMA	10
LOMBARDIA	BRESCIA	9
LOMBARDIA	COMO	2
LOMBARDIA	MAGENTA (MI)	2
LOMBARDIA	RHO (MI)	10
LOMBARDIA	SARONNO	12
LOMBARDIA	URGANO (BG)	1
PIEMONTE	TORINO	6
PUGLIA	LATIANO (BR)	13
SICILIA	PALERMO	10
TRENTO	TRENTO	19
TRENTO	VOLANO (TN)	7
<b>TOTALE</b>		<b>227</b>



iniziative in corso a sostegno dell'inclusione delle persone esperte per esperienza

- **nazionali:**
  - progetto di formazione, modello EX-IN, e di accompagnamento all'inclusione e alla partecipazione nei servizi di salute mentale (finanziamento Ministero salute – in corso)
  - PNES (Piano nazionale equità in salute); quattro assi di azione uno sulla salute mentale, con interventi per favorire l'utilizzo del budget di salute che prevede l'attiva partecipazione degli ESP nei processi di definizione dei PTRP e accompagnamento dei destinatari degli interventi (finanziamenti europei FESR+FSE (140 mln per le 7 regioni meridionali – partenza 2024, durata 7 anni)
- **internazionali:**
  - In corso di definizione la nuova Joint Action europea sulla salute mentale con 7 linee di attività, di cui una specifica, di promozione dei processi di inclusione delle persone con esperienza e di valutazione partecipata dei fattori favorevoli (12 nazioni coinvolte - finanziamento europeo EU4Health 650,000€ – partenza 2024, durata 3 anni)

## *Task 5.4, Italy*

### *Integrated care pathway for promoting social inclusion and quality of life of people with Mental Health disorders*

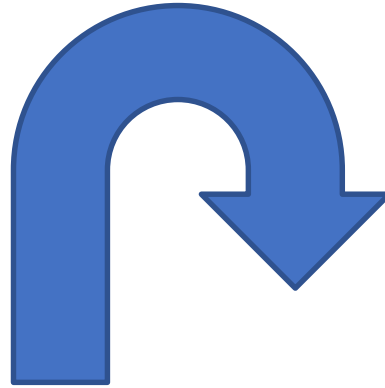
- Taking the Health Budget as a model, define and implement in different MSs an integrated care pathway (different policies, funds, services, human resources, etc.) targeted on the person's needs and preferences and aimed at her/his full recovery and inclusion in the community.



Centro nazionale per la prevenzione  
e il Controllo delle Malattie

**Sperimentazione del  
Budget di Salute quale  
strumento per la  
realizzazione di progetti  
terapeutici riabilitativi  
individualizzati con  
particolare  
riferimento alle malattie  
mentali e alle dipendenze**

**2022-2024**



**OBIETTIVO:** Superamento delle diffuse criticità di applicazione nelle varie Regioni dello strumento Budget di Salute e il suo consolidamento nelle pratiche dei servizi attraverso la sperimentazione e validazione di un protocollo condiviso, definito nel Gruppo di Lavoro Interregionale

Gli interventi proposti sono sviluppati nei Dipartimenti di Salute Mentale - Dipendenze Patologiche (DSM-DP) delle Aziende sanitarie delle Regioni coinvolte e nell'ambito degli interventi territoriali previsti dai LEA per la salute mentale e le dipendenze patologiche, in sinergia con i servizi sociali.



## *Le sinergie per la realizzazione di un modello di integrazione sociosanitaria nella salute mentale attraverso MENTOR*

